

IN THE ABSTRACT OF THE DISCLOSURE:

Please amend the Abstract of the Disclosure as follows:

The present invention relates to a position adjustment mechanism, comprising two cylindrical portions, a first one of the portions being slidably disposed inside a second one of the portions. One of the portions has at least three detents and the other portion has at least three members for engaging in respective said the detents to hold said the portions in a first position, the members being removable from said the detents to allow said the portions to move into a second position; wherein the detents and members are equi-spaced around the first and second portions.